



## Rockville – Montgomery Swim Club, Rockville Site Summer 2021 Season (6/17/21 – 8/6/21)

### Introduction:

We are excited to be able to continue swimming into the Summer Season. As our community continues to move forward with COVID-19 recovery, the Montgomery County Board of Health has amended their regulations to lift many COVID related restrictions effective May 28, 2021. In turn, many of the restriction and limitations applied to past RMSC sessions this year will be lifted, and the RMSC program will move closer to its traditional format. Please note that if directives from the Health Department change, the practice schedule and/or group composition may also change as well.

Due to the limited nature of the Summer program, registration is ONLY available to athletes who participated in the Spring 2021 RMSC program at the Rockville Swim and Fitness Center, with athletes from previous sessions at RSFC being able to register only on a space available basis. Coaches' Invitational Groups (National Training, Advanced Senior, Junior Select and Junior 1) require coaches' approval to register and are dependent on space availability.

The Summer Practice Schedule utilizes indoor and outdoor pools at the facility. Certain practice groups may have practice time and group composition changes to fit pool availability. Coaches will share more details as they become available. Please note that if a practice scheduled for an outdoor pool must be cancelled due to inclement weather, there will not be an indoor pool to use nor make-up opportunity due to scheduling constraints.

### Registration Procedures:

All RMSC families are to complete the registration process before their athlete(s) are allowed back to the pool for training in the summer session. **Athletes should bring the completed registration form and payments (via check – see page 6) to practice and hand-deliver to their coach. Registration Forms and Payments are due no later than 6/17.** Group coaches will be emailing their past athletes / families before the first practice with specific practice sub-group assignments and entry/exit procedures, if needed for the group. If athletes do not know what practice or practice sub-group they are assigned, they should start by contacting their coach via email, and if needed contact Head Swim Coach Dave Greene at 240-314-8755 or [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov).

**Scholarship Assistance** for the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for athletes ages 13 and over. These scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact Head Swim Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) / 240-314-8755. Scholarship approvals must be in place prior to registration. If scholarship approval is granted, please note such information on the registration form.

### Minor Athlete Abuse Prevention Policy (MAAPP)

The Rockville-Montgomery Swim Club, as a USA Swimming member club, is required to implement the MAAPP in full. **Families must review the policy and comply with applicable sections.** The MAAPP must be reviewed and signed with acknowledgement submitted to RMSC on an annual basis. For more information and to review the required policy visit [www.rmscswimming.com/safesport](http://www.rmscswimming.com/safesport) or <https://www.usaswimming.org/Home/safe-sport>. Policy acknowledgement "sign-off" is completed through the registration process.



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### HEALTH PRECAUTIONS

#### Athlete Self Screening

Before coming to the facility for practice, athletes and parents are responsible for going through the following self-check questions. All must be answered “no” in order to come to practice. Even if the athlete is feeling slightly ill, they should not come to practice.

**Since your last day of practice, have you developed:**

- New fever (100° Fahrenheit or greater) or feeling of having a fever? **\*Temperatures should be measured by the parent / guardian at home BEFORE coming to the facility\***
- New cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- New sore throat?
- New Flu-like symptoms?

#### Athlete Illness

An athlete who has symptoms associated with COVID-19 should not come to practice until:

- 3 days with no fever **and**
- Symptoms improved **and**
- 10 days since symptoms first appeared\*

\*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

#### Exposure to individuals with COVID-19

If an athlete (who is not fully vaccinated) has been exposed to an individual confirmed or presumed with COVID-19, they should not come to practice until 14 days\* after the last exposure. If an athlete or household member is directed by a healthcare provider or public health official to get a COVID test, or otherwise decides to get a COVID test due to the presence of symptoms or contact with a person tested or presumed positive, do not attend practice until the results are determined to be negative and the athlete is cleared to participate in swim team activities by a healthcare professional. \*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

### SWIMMING SAFELY

**Generally, RMSC will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.**

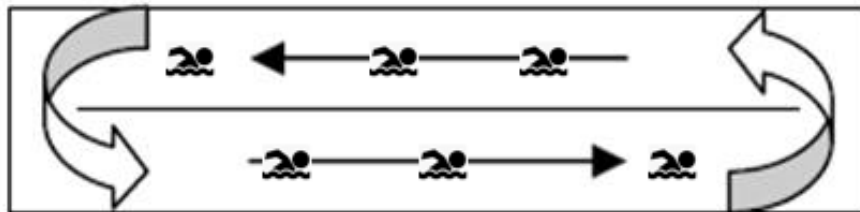
#### Personal Athlete Conduct and Practice Procedures:

To minimize the risk of transmission and help promote safety, the following personal athlete conduct is expected. Failure to adhere to these principles will result in the athlete being asked to leave training for the day. If violations continue, further action will be taken up to and including suspension / removal from the program.

- No person-to-person contact
- Keep distance from other athletes and coaches when possible. This is especially important before/after practices and while on deck.
- No horseplay, splashing or spitting water at other athletes and/or coaches.
- Sneeze or cough into a tissue or upper sleeve/arm area
- At time of publishing, face coverings are required in all indoor areas, except while in the water. Athletes are encouraged to wear a face covering at other times. Athletes must comply with current facility policies.

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- Athletes should go to the bathroom before leaving home to minimize locker room use at the facility. It is recommended that athletes arrive wearing your swimsuit and leave the facility in swimming suits, however, use of the bathhouse is permitted if needed. There will be NO deck changing.
- Take a cleansing shower at home before leaving for practice and wash hands with soap and water for at least 20 seconds.
- Attend the practice sessions as instructed by your coach. Groups will be made with specific size limitations and ability considerations. If you have a schedule conflict, communicate with your coach ahead of time.
- Bring a full water bottle to practice
- Do not arrive to practice early; stay in your car until five (5) minutes before your designated practice time to avoid unnecessary congregation at entry points.
- Coaching staff will provide instructions to their group on specific entrance and exit procedures for practices.
- Athletes are expected to wear face coverings when entering and exiting the indoor facility (whenever not in the water).
- Follow instructions below on the printed map as to entry and exit points and directions.
- When arriving, stay 6 feet apart from others and arrive no more than 5 minutes before practice is to begin.
- In your swim bag, please have hand sanitizer and sanitizing wipes.
- When swimming, expect to share a lane with multiple athletes. For the Summer 2021 season, we will return to “traditional” operations without a finite capacity limit per lane. Coaches will be assigning lanes and monitoring conditions. Generally, swimmers should “Circle Swim” (see diagram below) unless instructed otherwise.



- After practice, avoid gathering in the lobby and/or front of the entry and exit points. Parents waiting for their athletes are directed to please park in a parking spot, rather than waiting in the drop-off loop. This will allow for athletes to disperse when exiting the facility. Parents may walk to the main entrance doors to pick up their children if desired.
- Parent volunteers may be needed to monitor the entry / exit areas. Athletes should pay attention to any reminders from coaches, facility staff and volunteers.



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**RMSC - ROCKVILLE SITE 2021 SUMMER PRACTICE SCHEDULE**  
**(6/17-8/6)**

**INSTRUCTIONAL STROKE SCHOOL (ISS):**

This group will consist of 8 and under athletes in the RMSC program. Emphasis will be on competitive stroke mechanics, turns, starts, and swim meet orientation. Participation in summer practices require coach's approval for ISS swimmers. In the Summer Season, this group is open to 9-year-old swimmers who were recently moved up to Junior II.

MONDAY, WEDNESDAY, FRIDAY: 10:00 – 11:00 a.m. South Pool

**JUNIOR II:**

This group will primarily consist of athletes 9 to 12 years of age who are interested in competitive swimming. The emphasis for this group is on perfecting swim technique as well as an introduction to competitive swimming.

TUESDAY & THURSDAY: 8:00 – 9:00 a.m. South & Rec. Pools

SUNDAY: 8:00 – 9:00 a.m. Fit Pool

**JUNIOR I:**

This group will consist of athletes 9 to 12 years of age and is **by invitation only**. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper level swimming.

MONDAY, WEDNESDAY, FRIDAY: 8:00 – 9:00 a.m. South & Rec. Pools

SUNDAY: 7:00 – 8:00 a.m. Fit Pool

**SELECT JUNIOR:**

This group is for dedicated athletes ages 9 to 14 with the goal of becoming nationally qualified and is **by invitation only**. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training.

MONDAY, WEDNESDAY, FRIDAY: 7:00 – 8:00 a.m. South & Rec. Pools

8:00 – 9:00 a.m. Fit Pool

TUESDAY&THURSDAY: 7:30 – 9:00 a.m. Fit Pool

WEDNESDAY: (Select) 3:30 – 5:00 p.m. South Pool



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### **SENIOR AND SENIOR DEVELOPMENTAL:**

This group is for athletes ages 13 to 18 who desire to swim in a senior level group. Athletes focus on the development of proper stroke mechanics and are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual athlete's goals and capabilities.

Group 1: MON., WED., FRI.:	7:00 – 8:00 p.m.	South Pool
Group 2: MON., WED., FRI.:	8:00 – 9:00 p.m.	South Pool

### **ADVANCED SENIOR GROUP:**

This group will be for athletes ages 13 to 18 (**by invitation only**) who have the desire and ability to advance in their swimming. This group may provide the athletes a transition from elite level junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing athletes to advance to and succeed in the senior levels of Potomac Valley Swimming.

MONDAY, WEDNESDAY, FRIDAY:	4:30 – 6:00 a.m.	Fit Pool
TUESDAY, THURSDAY:	2:00 – 3:30 p.m.	South Pool

### **NATIONAL TRAINING GROUP:**

RMSC's top senior athletes, ages 13 and over will train in this group (**by invitation only**). Athletes will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level.

MONDAY, WEDNESDAY, FRIDAY	6:00 – 8:00 a.m.	Fit Pool
TUESDAY & THURSDAY:	5:30 – 7:30 a.m.	Fit Pool
FRIDAY:	3:30 – 5:00 p.m.	South Pool
TUESDAY & THURSDAY:	4:00 – 6:00 p.m.	Fit Pool
SATURDAY:	6:00 – 8:00 a.m.	Fit Pool

### **STROKE CLINIC**

The stroke clinic is for RMSC athletes ages 9 and up to supplement practices above by providing more intense stroke mechanic instruction and corrections. The stroke clinic is not a “learn to swim” program nor a substitute for a swimmer's regular practice assignment. Swimmers under 9 need their coach's permission to register.

MONDAY, THURSDAY	4:00 – 5:00 p.m.	South Pool
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(6/21-7/22 ONLY)



## Rockville – Montgomery Swim Club, Rockville Site Summer 2021 Season (6/17/21 – 8/6/21)

### Summer Swim Team Program and Registration Fees

The Summer 2021 program runs from **June 17 to August 6 (7 weeks)**. As indicated below, program fees are based on the athlete's membership status at the Swim and Fitness Center.

Group	Summer Non-Members Program Fee:	OR	Summer Members Program Fee:	AND	Registration Fee
Registration requires <b>two</b> check payments. Both payments should be made via check and delivered to the Coach no later than 6/17.	Program Fee Payable to: City of Rockville				Registration Fees Payable to: RMSC Parents' Club Inc.
Instructional Stroke School and Junior II	\$245	OR	\$196	AND	\$40
Junior I	\$355	OR	\$284	AND	\$100
Junior Select	\$425	OR	\$340	AND	\$150
Senior / Senior Developmental	\$270	OR	\$216	AND	\$40
Advanced Senior	\$400	OR	\$320	AND	\$100
National Training Group	\$475	OR	\$380	AND	\$150
Stroke Clinic (supplemental to main practice group)	\$65	OR	\$52	N/A	N/A
Graduating H.S. Seniors and College Students*	\$350			AND	\$250

*In order to take advantage of the special pricing for Rockville Swim and Fitness Center Members, the RMSC athlete must be registered for an active aquatics or full facility membership spanning the entire session of the swim season which is being registered for.*

### \*GRADUATING HIGH SCHOOL SENIORS AND COLLEGE STUDENTS:

Graduating high school seniors and college swimmers are eligible to pay "COLLEGE REGISTRATION" to continue their participation over the summer and while in the area on school breaks. For \$550.00, for summer 2021 and the 2021-2022 school year per year, swimmers remain eligible to practice with and compete for RMSC. This fee is paid in two parts:

- 1) \$300.00 for dues paid to the "City of Rockville."
- 2) \$250.00 for registration to "RMSC Parents' Club" cover the entry fees and USS registration.

### Registration Instructions:

#### **Registration Procedures:**

All RMSC families are required to acknowledge our return to training information and complete the registration process before their athlete(s) are allowed back to the pool for training. **Athletes should bring the completed registration form and payments to practice and hand-deliver to their coach. Registration Forms and Payments are due no later than 6/17. Group coaches will be emailing their past athletes / families before the first practice with "sub-group" time assignments.** If athletes do not know what practice or practice sub-group they are assigned, they should start by contacting their coach via email, and if needed contact Head Swim Coach Dave Greene at 240-314-8755 or [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov).

**Athletes who did not participate in Spring 2021 session, but did participate in RMSC at the Rockville site in Fall 2020 or an earlier Winter session** may contact Head Swim Coach Dave Greene at [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov) to see if a spot is available in their practice group. If approved to join, deliver the registration form and payment (two check as indicated above) to the coach at the first practice.

**A Note on Fees:** The Program Fee payable to the City of Rockville include facility costs, staff time and general operating expenses. The Registration Fee payable to the RMSC Parents' Club helps cover costs associated with U.S. Swimming registration fees, coach's in-service training, certain invitational groups' dry-land training, team equipment and other miscellaneous costs. For the summer session, only limited swim meet fees are included in this cost. Additional fees may be the responsibility of the athlete's family for certain meets. Registration Fees (Payable to RMSC Parents Club) are non-refundable.





Office Use Only:
Date Processed in Rec 1: _____
Initials: _____
Date Entered in Database: _____
Initials: _____

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## RMSC, ROCKVILLE SWIM TEAM REGISTRATION FORM

Please make checks for Registration Fees payable to “RMSC Parents’ Club, Inc.”

Please make checks for Programs Fees payable to “The City of Rockville”

PARENT / GUARDIAN NAMES

\_\_\_\_\_  
Last First MI.

\_\_\_\_\_  
Last First MI.

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Primary Phone \_\_\_\_\_ Parent / Guardian 1 Cell # \_\_\_\_\_ Parent/Guardian 2 Cell # \_\_\_\_\_

Email (very important): \_\_\_\_\_

Please send an email message to [sengland@rockvillemd.gov](mailto:sengland@rockvillemd.gov) to ensure that we have your correct email address on file for newsletter distribution.

ATHLETES:

\_\_\_\_\_  
M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

\_\_\_\_\_  
M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

\_\_\_\_\_  
M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

\_\_\_\_\_  
M / F DOB \_\_\_\_\_ GROUP \_\_\_\_\_ (circle) Facility Member / Non Member

### Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City’s use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member’s instructions. Violation may result in removal from the program and/or suspension from the facility.

Policy Acknowledgement - Minor Athlete Abuse Prevention Policy (MAAPP): I acknowledge that I and all other adults/guardians related to the athlete have received, read and understood the Minor Athlete Abuse Prevention Policy (available online at [www.usaswimming.org/Home/safe-sport](http://www.usaswimming.org/Home/safe-sport)). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of participation with Rockville-Montgomery Swim Club (USA Swimming member club).

I have read, understand and affirm that I, my family and athlete(s) will comply with the RMSC Return to Swimming COVID-19 Information provided, as well as supplemental coach, staff and/or administrator instructions.

Signature of Participant/Guardian \_\_\_\_\_ Date \_\_\_\_\_